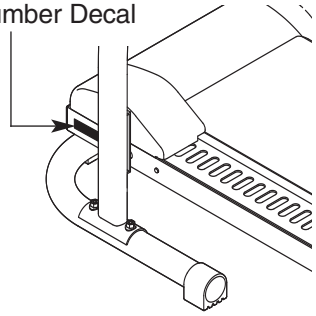
wesloCadence 150™

USER'S MANUAL

Model No. WETL11806.0
Serial No. _____

Serial Number Decal



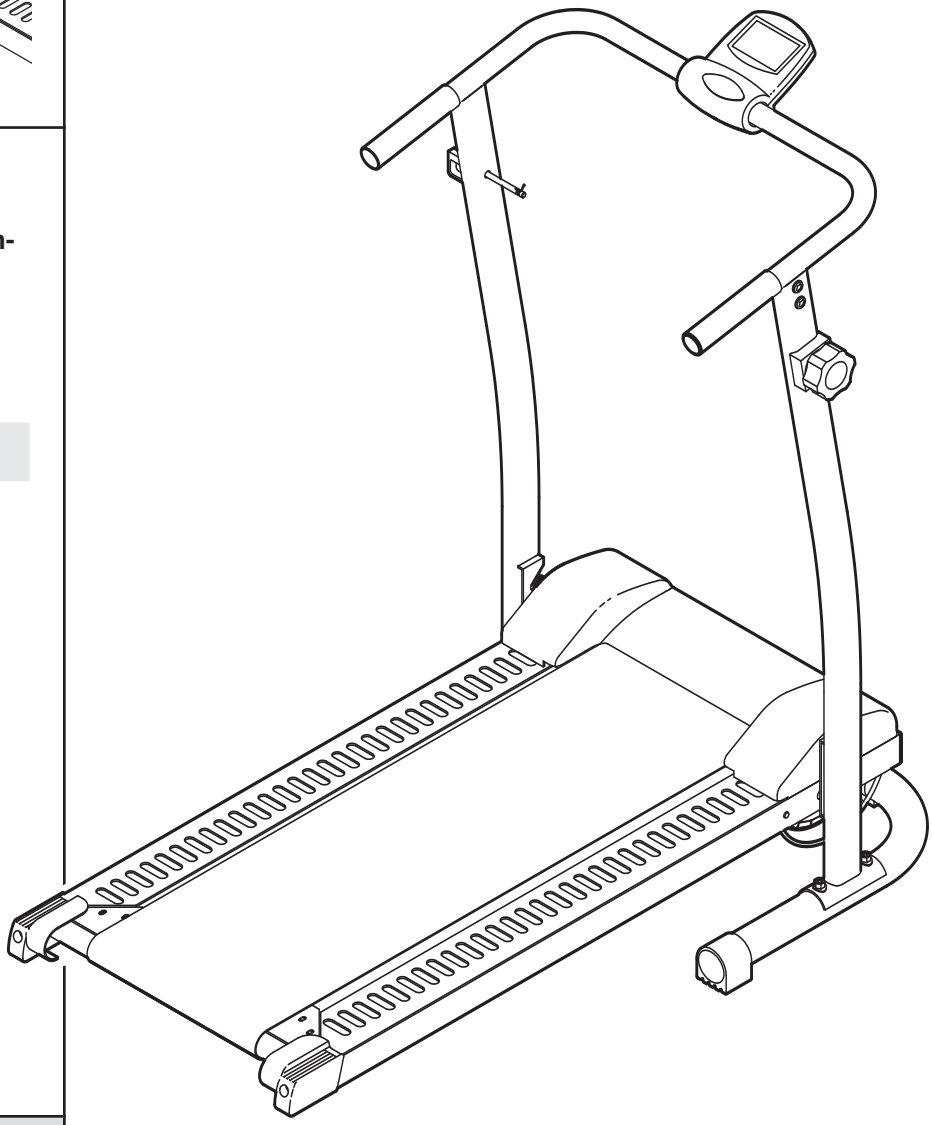
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

8457 089 009

Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

e-mail: csuk@iconeurope.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at
www.iconeurope.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the treadmill.

1. **It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **This treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.**
4. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. To protect the floor or carpet from damage, place a mat under the treadmill.**
5. **Inspect and properly tighten all parts of the treadmill regularly; replace any worn parts immediately.**
6. **The roller guards (see the drawing on page 3) must be 3 mm (1/8 in.) from the rear roller. Adjust the roller guards, if necessary.**
7. **Keep children under the age of 12 and pets away from the treadmill at all times.**
8. **The treadmill can support a maximum weight of 115 kg (250 lbs.). Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate clothes when exercising. Do not wear loose clothes that could become caught on the treadmill.**
10. **Always wear athletic shoes when using the treadmill; do not use the treadmill with bare feet, wearing only stockings, or in sandals.**
11. **Do not use the treadmill if it is not working properly.**
12. **Do not place hands or feet under the treadmill whilst it is in use.**
13. **Always hold the handrail when mounting, dismounting, or exercising on the treadmill.**
14. **If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE 150 treadmill. The CADENCE 150 treadmill is designed to let you enjoy effective cardiovascular workouts in the comfort and convenience of your home. And when the CADENCE 150 treadmill is not in use, it can be folded up, requiring less than half the space of other treadmills.

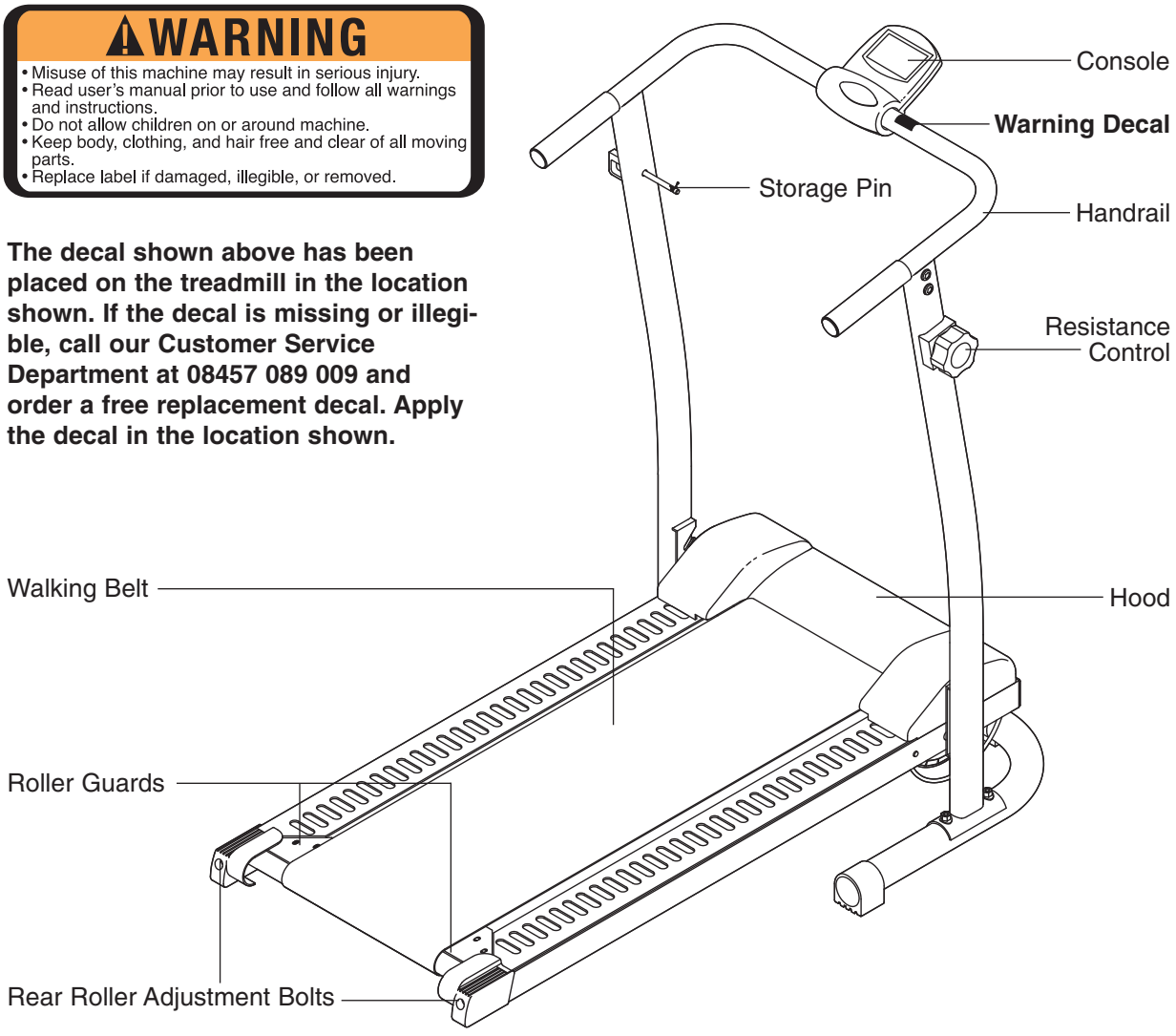
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WETL11806.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual to find the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

⚠WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

The decal shown above has been placed on the treadmill in the location shown. If the decal is missing or illegible, call our Customer Service Department at 08457 089 009 and order a free replacement decal. Apply the decal in the location shown.



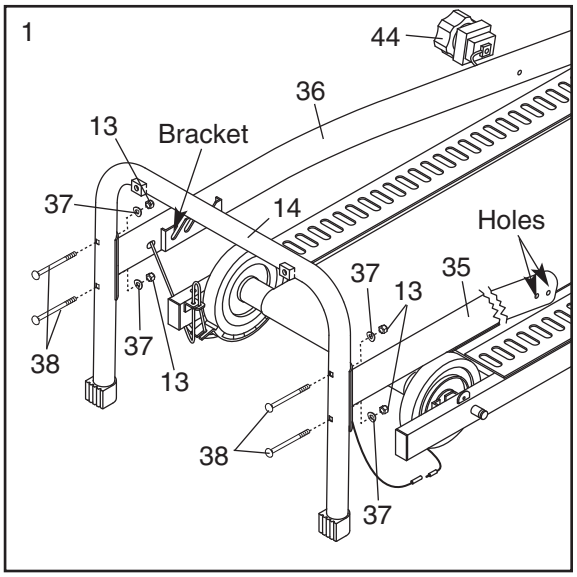
ASSEMBLY

The help of a second person is recommended. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires only the included hex key and wrench .**

1. Identify the Right Upright (36); the Resistance Control/Cable (44) is routed through the Right Upright. Place the Base (14) near the Right Upright and the Frame (29). Have another person hold the Right Upright against the Base as shown.

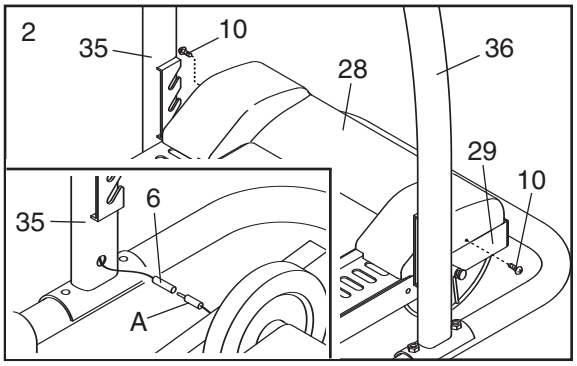
   Attach the Right Upright (36) to the Base (14) with two M8 x 63mm Bolts (38), two M8 Curved Washers (37), and two M8 Nylon Nuts (13) as shown. Make sure that the Curved Washers are turned so they conform to the curve of the Base. **Do not tighten the Nylon Nuts yet.**

   Attach the Left Upright (35) to the Base (14) in the same way. Make sure that the Left Upright is oriented so the two indicated holes are on the side shown. **Do not tighten the Nylon Nuts yet.**



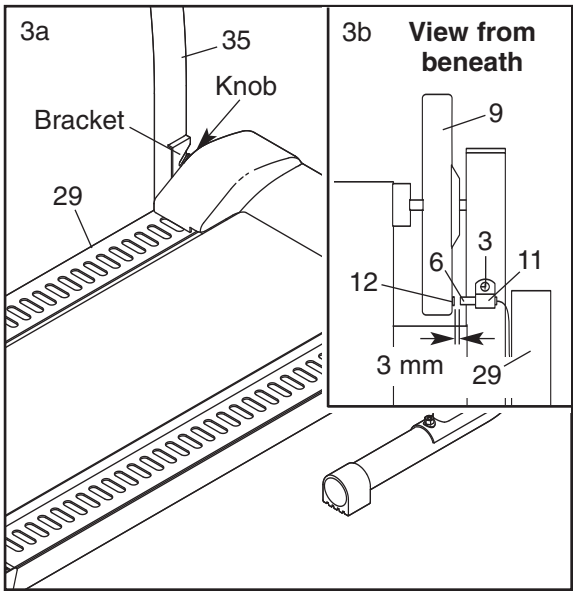
2. Raise the Left Upright (35) and the Right Upright (36) to the position shown. See the inset drawing. Connect the Reed Switch Wire (6) to the Short Reed Switch Wire (A).

   Attach the Hood (28) to the front of the Frame (29) with two M5 x 10mm Bolts (10).



3. See drawing 3a. Hold the front of the Frame (29) between the Left Upright (35) and the Right Upright (not shown). Locate the small incline knob on each side of the Frame. Slide the knobs into one of the three sets of slots in the brackets on the Uprights. **Make sure that the knobs are fully inserted at the same height.**

   Look under the Frame (29) near the Left Upright (35). See drawing 3b. Locate the Clip (11) attached to the underside of the Frame. Insert the Reed Switch (6) into the Clip as shown. Next, locate the Magnet (12) on the left Flywheel (9). Turn the Flywheel until the Magnet is aligned with the Reed Switch. **Move the Reed Switch so that there is a 3 mm (1/8 in.) gap between the Reed Switch and the Magnet.** Then, tighten the M4 x 12mm Screw (3) in the Clip.

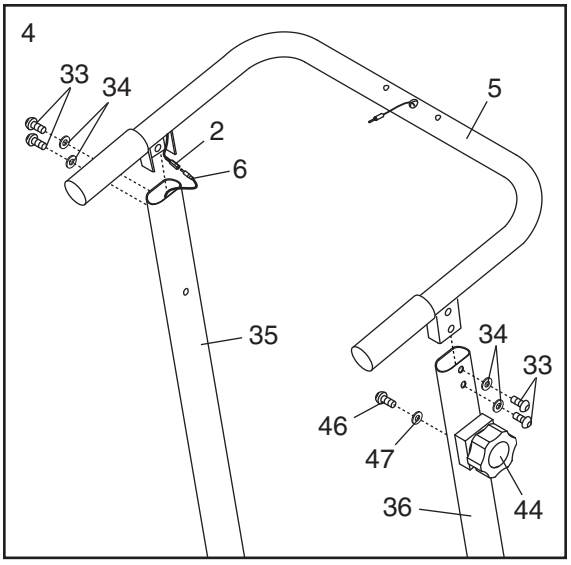


4. Hold the Handrail (5) near the Left and Right Uprights (35, 36). Connect the Handrail Wire (2) to the Reed Switch Wire (6). Insert the Wires down into the Left Upright.

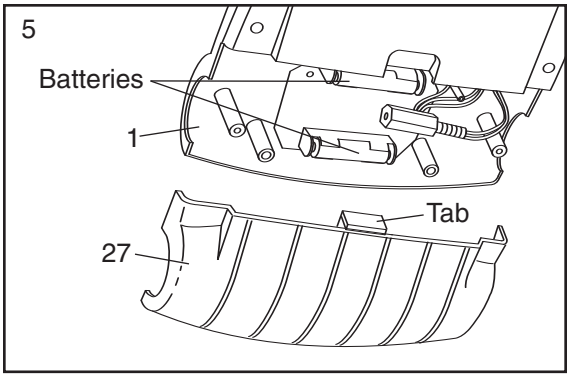
   Attach the Handrail (5) to the Uprights (35, 36) with four M8 x 15mm Bolts (33) and four M8 Washers (34). **Be careful not to pinch the Wires (2, 6).**

   See step 1. Tighten the four M8 Nylon Nuts (13).

   Attach the Resistance Control (44) to the Right Upright (36) with the M5 x 12mm Bolt (46) and the M5 Washer (47).



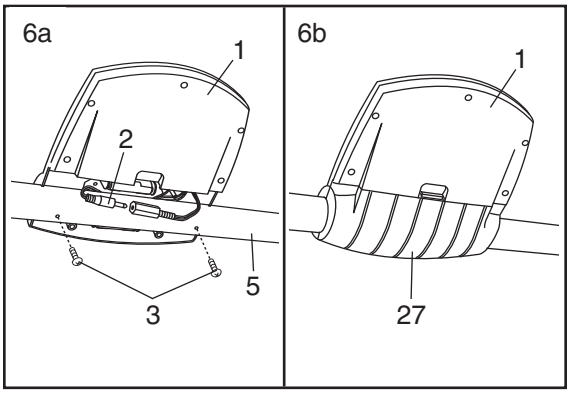
5. The Console (1) requires two "AAA" batteries. Alkaline batteries are recommended. Press the indicated tab on the Battery Cover (27), and remove the Battery Cover. Insert two batteries into the two battery clips; **make sure that the negative (–) ends of the batteries are touching the springs in the battery clips.**



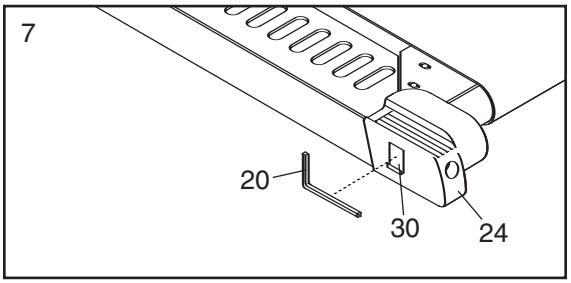
6. See drawing 6a. Hold the Console (1) near the Handrail (5). Connect the wire on the Console to the Handrail Wire (2). Attach the Console to the Handrail with two M4 x 12mm Screws (3). **Make sure that the wires are not pinched.**

   See drawing 6b. Press the Battery Cover (27) back onto the Console (1).

   Make sure that the walking belt is properly tightened (see SYMPTOM 3 on page 8).



7. Remove the paper backing from the Adhesive Clip (30). Press the Adhesive Clip onto the Left Frame Endcap (24) in the indicated location. Press the Hex Key (20) into the Adhesive Clip.

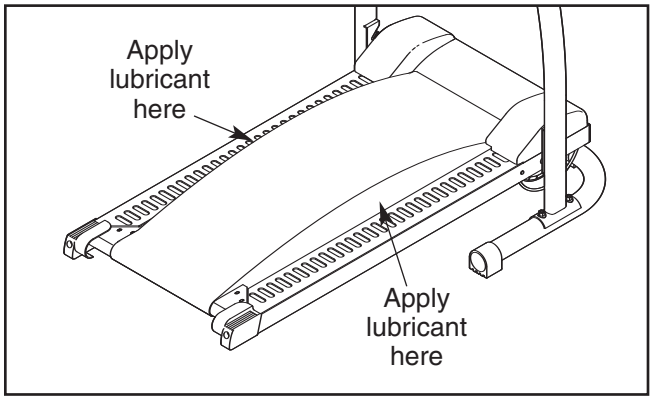


8. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.

TREADMILL OPERATION

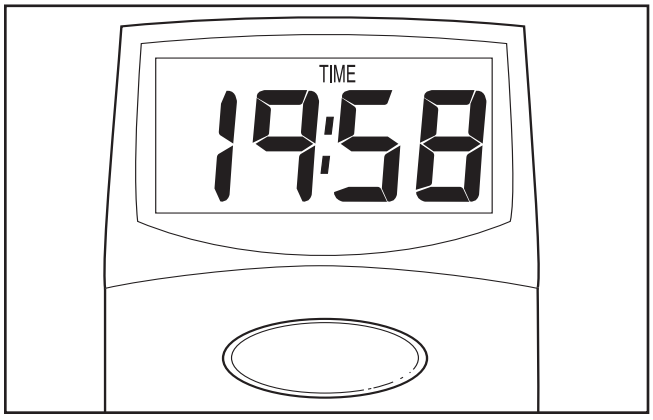
LUBRICATING THE WALKING PLATFORM

Before the treadmill is used, the walking platform should be lubricated. Open the included lubricant packet. Reach under one side of the walking belt as far as you can, and apply half of the lubricant to the walking platform. Then, reach under the other side of the walking belt and apply the remaining lubricant. **After you have applied the lubricant, walk on the treadmill for a few minutes to spread the lubricant.**



STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, batteries must be installed (see assembly step 5 on page 5). If there is a thin sheet of plastic on the console, remove the plastic.



The console features six modes:

- Speed—This mode displays your speed, in miles per hour.
- Distance—This mode displays the number of miles you have walked.
- Time—This mode displays the elapsed time.
- Odometer—This mode displays the distance that the walking belt has moved since batteries were changed.
- Calorie—This mode displays the approximate number of calories you have burned.
- Scan—This mode displays the Speed, Distance, Time, Odometer, and Calorie modes.

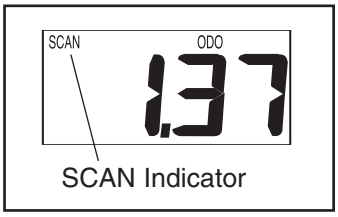
Follow the steps below to operate the console.

1. Turn on the power.

   To turn on the power, press the console button or begin walking. Note: If batteries were just installed, the power will already be on.

2. Track your progress with the six modes.

   When the power is turned on, the Scan mode will be selected and the SCAN indicator will appear. The console will display the Speed, Distance, Time, Odometer, and Calorie modes, for about six seconds each, in a repeating cycle.



   To select only the Speed, Distance, Time, Odometer, or Calorie mode, press the console button until only the SPEED, DIST, TIME, ODO, or CAL indicator appears in the display. Make sure that the SCAN indicator does not appear.

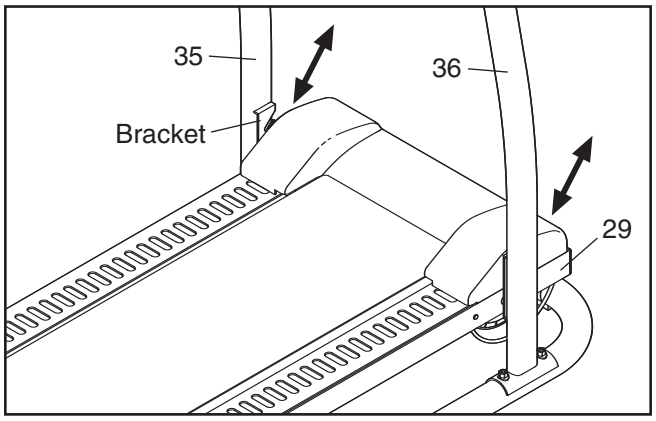
   To reset all modes (except for the odometer mode), press the console button for about three seconds.

3. Turn off the power.

   To turn off the power, simple wait for a few minutes. If the walking belt is not moved and the console button is not pressed for a few minutes, **the power will turn off automatically.**

INCLINE ADJUSTMENT

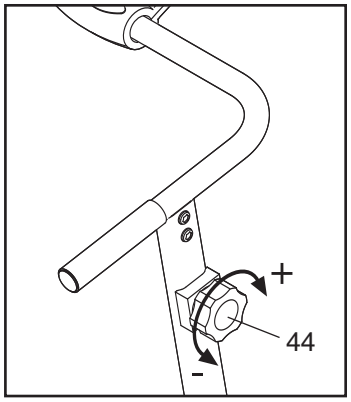
The incline of the treadmill can be adjusted to any of three angles. To change the incline, first lift the front of the Frame (29) so the small incline knobs on the sides of the Frame slide out of the slots in the brackets on the Uprights (35, 36). Raise or lower the Frame, and slide the knobs into one of the three sets of slots in the brackets. **Make sure that the knobs are fully inserted at the same height.**



⚠ CAUTION: Make sure that the incline knobs are fully inserted at the same height.

RESISTANCE ADJUSTMENT

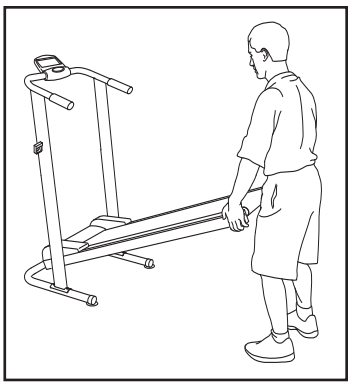
To increase the intensity of your workout, you can adjust the resistance on the walking belt. To increase the resistance, turn the Resistance Knob (44) clockwise.To decrease the resistance, turn the Resistance Knob counterclockwise.



FOLDING THE TREADMILL FOR STORAGE

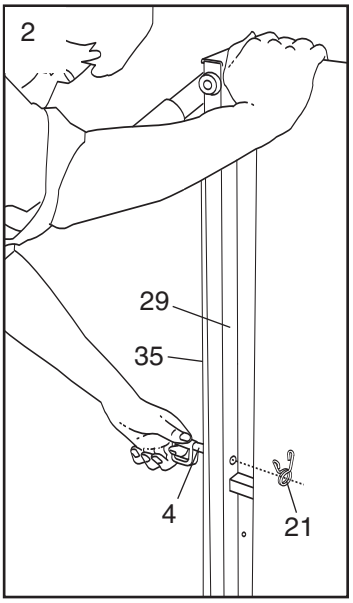
When the treadmill is not in use, it can be folded to the compact storage position. **CAUTION: You must be able to safely lift 11 kg (25 lbs.) to raise, lower, or move the treadmill.** Follow the steps at the right to fold the treadmill.

1. Hold the treadmill in the location shown. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill to the vertical position.



2. Hold the treadmill securely with your right hand as shown. Insert the Storage Pin (4) into the hole in the left side of the Left Upright (35) and into the Frame (29) **as far as it will go.**

   Next, press the ends of the Spring Clip (21) together, and slide the Spring Clip onto the end of the Storage Pin (4).



LOWERING THE TREADMILL FOR USE

1. Hold the treadmill securely with your right hand as shown in drawing 2 above. Press the ends of the Spring Clip (21) together, and slide the Spring Clip off the end of the Storage Pin (4). Pull out the Storage Pin and pivot the treadmill down a few inches. Then, reinsert the Storage Pin and reattach the Spring Clip.

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

MAINTENANCE AND TROUBLESHOOTING

Most problems can be solved by following the simple steps below. If further assistance is needed, please call our Customer Service Department.

1. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

a. Replace the batteries in the console (see assembly step 5 on page 5).

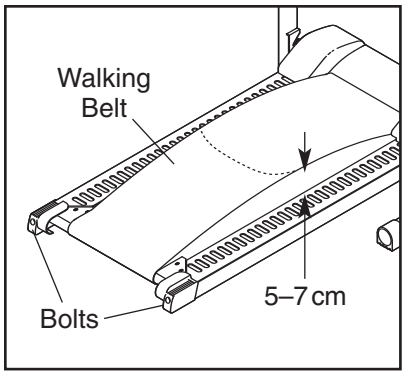
b. Make sure that the reed switch is properly adjusted (see assembly step 3 on page 4).

c. Make sure that the handrail wire is plugged fully into the wire on the console (see assembly step 6 on page 5).

d. The console, like most electronics, is susceptible to static electricity build-up caused by certain types of clothing or by the operation of the treadmill. If the display is blank or gives incorrect readings, apply an anti-static spray to the handrail. Anti-static spray is available where laundry supplies are sold.

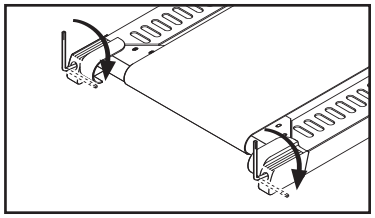
2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

a. If the walking belt is overtightened, performance may be reduced and the walking belt may be permanently damaged. Using the hex key, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the tension of the walking belt is correct, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.). Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centred.

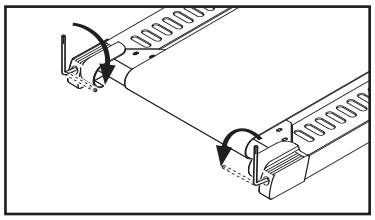


3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTRE

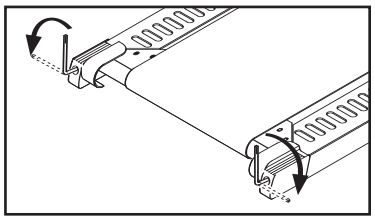
a. **If the walking belt slips when walked on**, use the hex key to turn both adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 cm (2 to 3 in.). Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centred.



b. **If the walking belt has shifted to the left side**, use the hex key to turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centred.



c. **If the walking belt has shifted to the right side**, use the hex key to turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centred.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

WHY EXERCISE?

Exercise has proven essential for good health and well-being. A well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress, and greater self-esteem.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

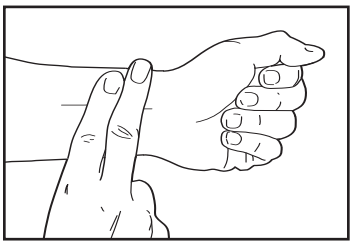
Burning Fat

To burn fat effectively, you must exercise at the proper intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lower two numbers in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For effective aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of five to ten minutes of stretching and light exercise. This will increase your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, including 20 to 30 minutes of exercise with your heart rate in your training zone.

A cool-down, consisting of five to ten minutes of stretching. Stretching after exercise is effective for increasing flexibility and helps to offset problems caused when you stop exercising suddenly.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest after each workout. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise increases productivity throughout the day. For others, exercising before dinner helps them to relax. Whatever time you choose, be consistent.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. WETL11806.0

R0206A

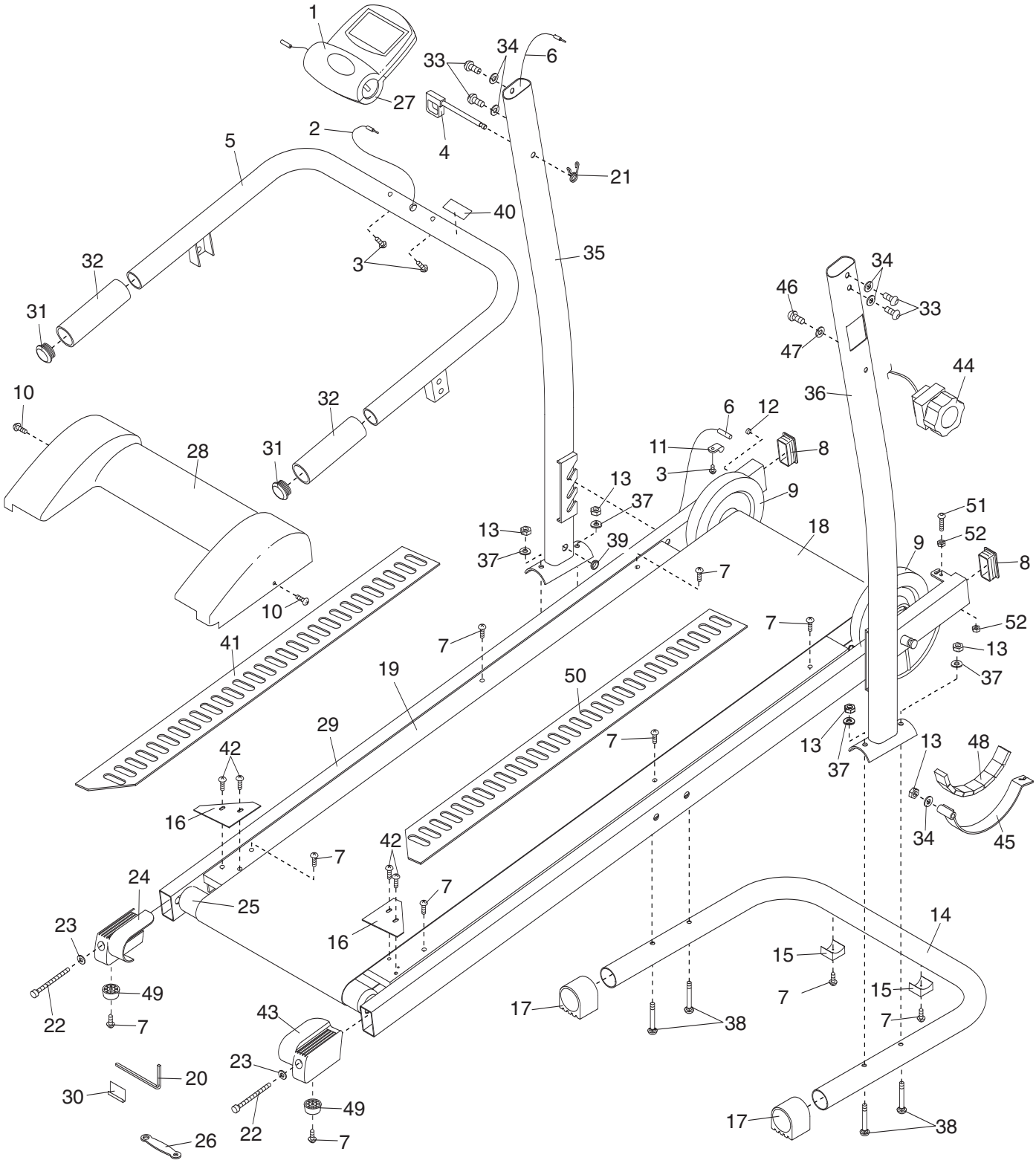
Key No.	Qty.	Description
1	1	Console
2	1	Handrail Wire
3	3	M4 x 12mm Screw
4	1	Storage Pin
5	1	Handrail
6	1	Reed Switch/Wire
7	10	M5 x 20mm Bolt
8	2	Frame Endcap
9	1	Front Roller/Flywheel
10	2	M5 x 10mm Bolt
11	1	Clip
12	1	Magnet
13	4	M8 Nylon Nut
14	1	Base
15	2	Base Pad
16	2	Roller Guard
17	2	Base Endcap
18	1	Walking Belt
19	1	Walking Platform
20	1	Hex Key
21	1	Spring Clip
22	2	Rear Roller Adjustment Bolt
23	2	Rear Roller Washer
24	1	Frame Endcap, Left
25	1	Rear Roller
26	1	Wrench
27	1	Battery Cover
28	1	Hood
29	1	Frame
30	1	Adhesive Clip
31	2	Handrail Endcap
32	2	Handrail Foam Grip
33	4	M8 x 15mm Bolt
34	5	M8 Washer
35	1	Left Upright
36	1	Right Upright
37	4	M8 Curved Washer
38	4	M8 x 63mm Bolt
39	1	Grommet
40	1	Warning Decal
41	1	Platform Cover, Left
42	4	M5 x 16mm Bolt
43	1	Frame Endcap, Right
44	1	Resistance Control/Cable
45	1	Magnet Plate
46	1	M5 x 12mm Bolt
47	1	M5 Washer
48	8	Resistance Magnet
49	2	Endcap Foot
50	1	Platform Cover, Right
51	1	M6 x 60mm Bolt
52	2	M6 Nut
#	1	Lubricant Pack
#	1	User's Manual

These parts are not illustrated.

Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WETL11806.0

R0206A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (WETL11806.0)
- The NAME of the product (WESLO CADENCE 150 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) needed (see page 10)

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Part No. 237191 R0206A

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